

The importance of iodine growth, development and IQ

IODINE: ESSENTIAL

trace element required for **THYROID HORMONE PRODUCTION**



35.2% OR **2 BILLION PEOPLE** WORLDWIDE are **IODINE DEFICIENT**¹



Iodine deficiency is the leading preventable cause of mental impaired function in the world.

*World Health Organisation*²

50% of Australian pregnant women & school aged children have **MILD TO MODERATE IODINE DEFICIENCY**³



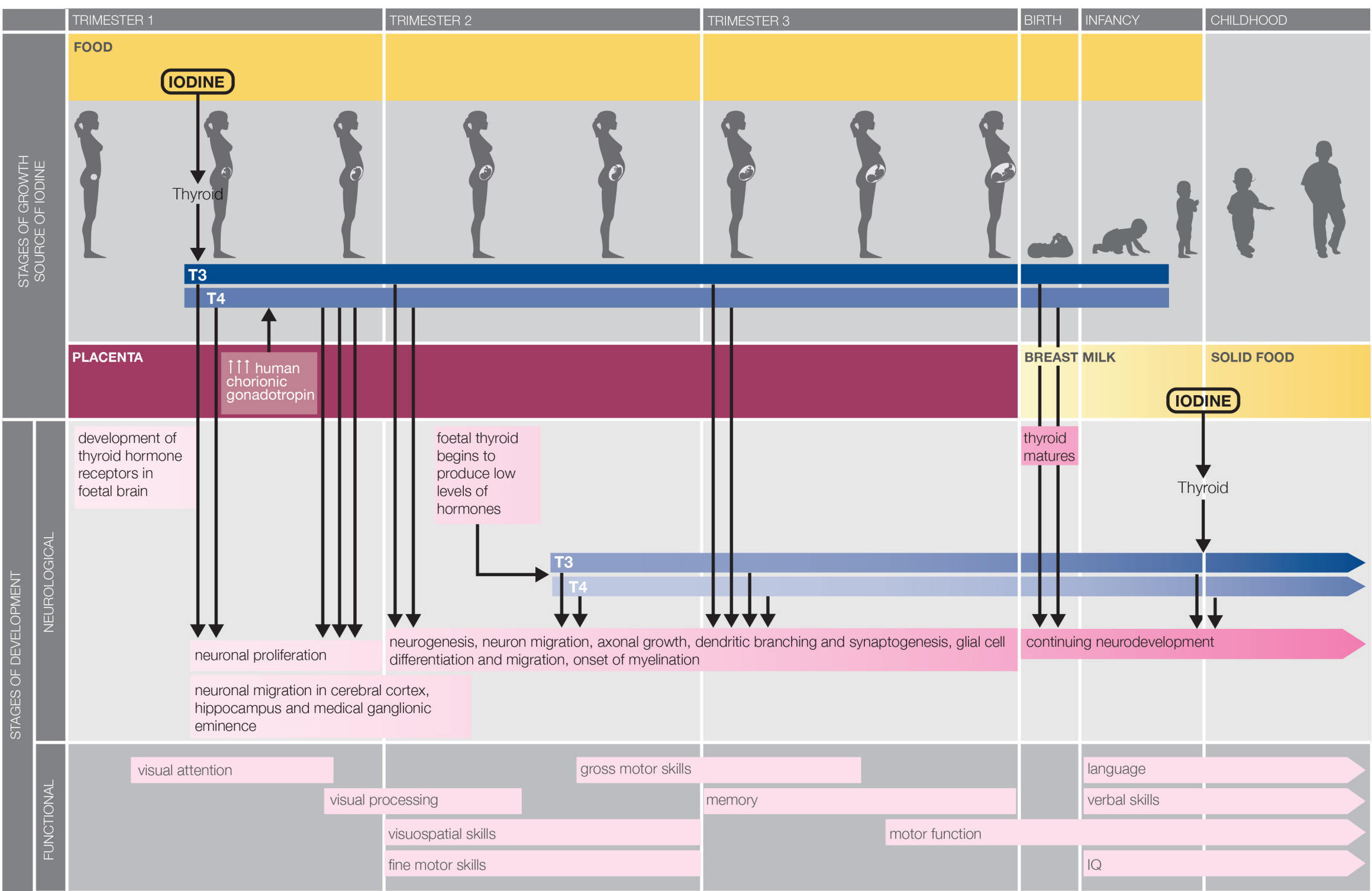
ALL WOMEN who are pregnant, breastfeeding or considering pregnancy should take an iodine supplement⁴



AVERAGE IQ LOSS from moderate to severe iodine deficiency was **12.45 IQ points**⁶



THE ESSENTIAL ROLE OF IODINE IN NEURODEVELOPMENT^{7,8}



IODINE RECOMMENDATIONS⁵

Infants	AI (mcg/day)	RDI (mcg/day)	UL (mcg/day)
0-6 months	90	N/A	Not possible to establish; source of intake should be milk, formula and food only.
7-12 months	110		
Children & adolescents	EAR (mcg/day)		
1-3 years	65	90	200
4-8 years	65	90	300
9-13 years	75	120	600
14-18 years	95	150	900
Adults			
>19 years	100	150	1100
Pregnancy			
14-18 years	160	220	900
19-50 years	160	220	1100
Lactation			
14-18 years	190	270	900
19-50 years	190	270	1100

AI: adequate intake (used when recommended dietary intake cannot be determined); EAR: estimated average requirement; RDI: recommended daily intake

THYROID HORMONE PRODUCTION⁹

